



WINTER BOW SEELEY LAKE January 26-28, 2018

Becoming an Outdoors-Woman workshops focus on learning outdoor skills. Workshops are designed primarily for women and are learning opportunities for anyone 18 years of age or older.

This program is for you if....

- You have never tried one of these activities but have hoped for an opportunity to learn.
- You are a beginner who wants to improve your skills.
- You know how to do some of these activities but would like to try your hand at new ones.

Winter is a special time to enjoy the outdoors.

We've scheduled this event with your safety and comfort in mind. Most classes spend time outdoors so dressing properly is a must! Participants will receive a list of recommended clothing.

Winter BOW is based at the Seeley Lake Elementary School and many off-site locations. We provide driving directions and car-pooling options to off-site classes.

The registration fee is \$115 and includes 3 classes, lunch and dinner on Saturday, and gear for most classes. Some classes require an additional fee for materials. You are responsible for your own lodging and meals not provided by the workshop.

A limited number of partial scholarships are available for first time BOW participants. Please contact the BOW coordinator at 406-444-9944.

WORKSHOP AGENDA

FRIDAY -- January 26

Dinner on your own

| | |
|---------|---|
| 6:00 pm | Check In |
| 6:30 pm | Welcome |
| 7:30 pm | Ice Fishing Prep or Evening Program |

SATURDAY -- January 27

Breakfast on your own

| | |
|----------------|-----------------|
| 8:30 am – Noon | Session 1 |
| Noon - 1:30 pm | Lunch provided |
| 1:30 – 5:00 pm | Session 2 |
| 6:00 pm | Dinner provided |
| 7:30 pm | Evening Program |

SUNDAY -- January 28

Breakfast on your own

| | |
|-------------------|-----------|
| 8:30 am – Noon | Session 3 |
| Lunch on your own | |
| Drive Home Safely | |



*Montana Fish,
Wildlife & Parks*

Workshop Class Descriptions

Avalanche Awareness If you live in Montana you should know about avalanches. You'll learn about the different types of avalanches and how weather, terrain and snowpack affect snow conditions. We'll discuss safe traveling techniques and how avalanche accidents occur. This class is mostly indoors with a 45-minute demonstration outside using avalanche equipment. If you have an avalanche transceiver, bring it to class.

Cross-Country Skiing The groomed trails at Seeley Creek Nordic Ski area provide a terrific location to learning cross-country skiing. Instructors will lead you in a progression of basic skiing skills, which makes learning fun and worthwhile. This class is for someone who has never cross-country skied before, who has never had formal instruction, or who wants to brush up on basic or intermediate skills. Participants will be divided into groups based on your skill level. Bring your own light ski touring gear. *Or rent ski gear for a \$10 fee payable at the workshop.*

Fish Crafts We'll build several useful items you can take on your next ice fishing trip. You learn how easy it is to build your own ice fishing jigs. Make a pair of ice picks and a mini-survival kit to carry with you. And we'll make "fish jewelry" just for fun! Class is held indoors.

Ice Fishing Looking for a great winter activity the whole family can enjoy? Try ice fishing! You'll learn about ice fishing equipment, safety equipment, knot tying, fish identification, and fishing regulations. This class is for beginner or intermediate ice anglers. You must attend the Friday night indoor class to set up your gear and learn how to be safe and warm on the ice. Bring your own ice fishing gear or it will be provided for you. You **DO NOT** need a fishing license as participants have an exemption during class time. Saturday and Sunday classes are held outdoors at a nearby lake.

Sewing with Fur Humankind has relied on the natural warmth and beauty of fur pelts for centuries. We'll teach you how to hand sew a fur headband that you can wear home. Sewing experience helpful but not necessary. Class is held indoors. *Additional \$40 fee for class materials payable at workshop. Space is limited.*

Skinning & Hide Preparation Don't let that hide go to waste, learn how to care for it yourself! This class will teach you how to skin and prepare your critters hide before it goes to the tannery. Instructors will talk you through it as YOU dress out a furbearing animal. Pelts from Montana's wildlife will be available for participants to handle. Class is held indoors.

Snowshoeing Discover the ancient mode of traveling over snow with snowshoes. Learn to travel up and down hill and across a side hill while exploring the winter landscape. Bring your own snowshoes or borrow a pair from us. Some people find it helpful to use ski or hiking poles while snowshoeing – bring them if you have them. Class is held outdoors.



Winter BOW Registration 2018--Seeley Lake

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Day Phone: _____ Cell Phone: _____

Email: _____ Birth Year: _____ Must be 18 to Attend

In case of Emergency, call: Name: _____ Phone: _____

Please list any special needs (medical, dietary, other). We will attempt to accommodate your needs.

☐ Check/money order for \$115 is included with my registration. Make check payable to **FWP**.

Refund Policy! When you sign your registration form, you are agreeing to these terms! Cancellation deadline is January 15th. If you cancel before this date, a \$50 processing fee will be deducted from your refund. Registrants who decide not to attend and do not cancel before January 15th will be assessed the full program fee.

Please indicate your first (1), second (2) and third (3) choice options for each of the three sessions in the columns below. Please read course descriptions.

| Saturday morning 8:30 to 12:00 | Saturday afternoon 1:30 to 5:00 | Sunday morning 8:30 to 12:00 |
|--------------------------------|---------------------------------|-------------------------------|
| _____ Avalanche Awareness | _____ Fish Crafts | _____ Cross-Country Skiing*** |
| _____ Ice Fishing* | _____ Skinning and Hide Prep | _____ Ice Fishing* |
| _____ Sewing with Fur** | _____ Snowshoeing | _____ Snowshoeing |

*If you attend the **Ice Fishing** class Saturday morning or Sunday morning you must attend the Ice Fishing Prep class on Friday night starting at 7:30.

If you attend the **Sewing with Fur class and additional \$40 for materials is due at the workshop.

***If you attend the **Cross-Country Skiing** class please check option below:

☐ I will bring my own cross-country ski gear

☐ I need to rent cross-country ski gear. I'll pay the \$10 rental fee at the workshop.

Here's my information: Shoe size _____ Height _____

I fully understand and acknowledge that there are inherent risks and dangers participating in the BOW Workshop and that my participation may result in injury, illness or death and/or damage to personal property. I understand other participants, accidents, acts of nature or other events may pose dangers that are uncontrollable, and I hereby accept these risks and dangers. I affirm that I am at least 18 years of age and that I am in good enough health to participate in the workshop. I have read and understand the above warnings and risks, and agree to voluntarily participate in this training workshop. I understand that photos or video may be taken for promotion of the BOW program. I agree to allow the use of my image by FWP for any legitimate purpose, such as newsletters, FWP websites, and brochures.

Signature _____

Date _____

Mail completed registration form and check to: **FWP-BOW** ♦ **PO Box 200701** ♦ **Helena, MT** ♦ **59620-0701**